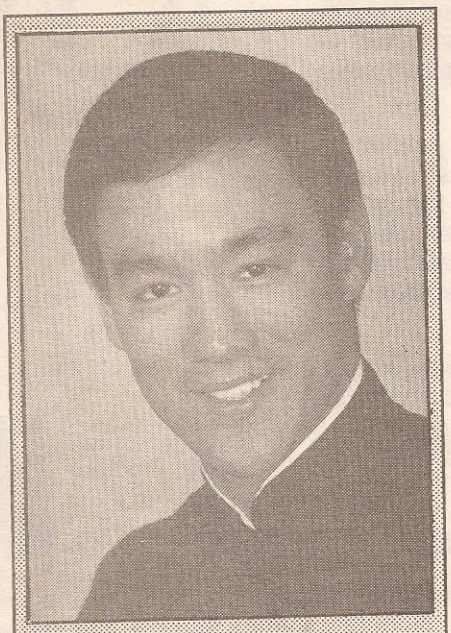
FINGER POINTING



In this month's "Finger Pointing" column Cass Magda has written an article on "low line kicking" with a full photographic back up. Guru Inosanto has just visited these shores to give a seminar in Edingburgh for Rick Young and brought his wife and new baby. Congratulations all the way round to Dan and Paula.

Please don't forget Dave's workshop this month, and if you are still interested in the "Lee Jun Fan Journal" those of you on file will be contacted soon, but we still need a few more interested parties to write to us to make the info mag viable, so please write for more information, to:

Lee Jun Fan Journal
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Leeds
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So until next time,

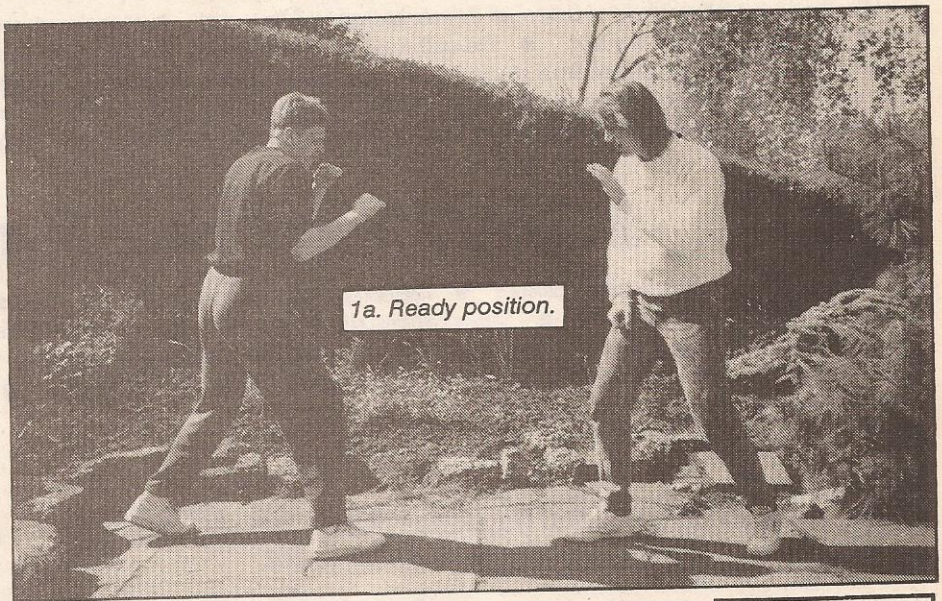
JKD for now.

A. J. Staton.

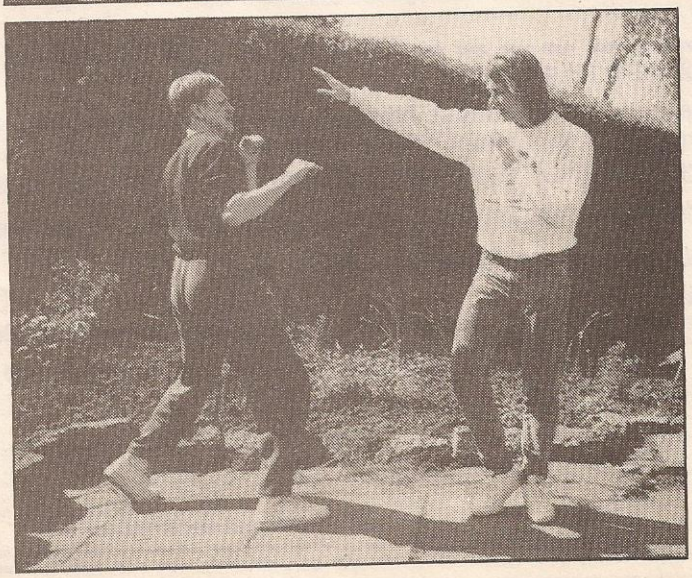
The low line kicking of JKD is fast and furious. It is one of the corner-stones of JKD techniques that is used to build offensive and defensive structures. Following the guidelines of all JKD techniques: simplicity,

THE ART OF LOW LINE KICKING IN JKD

By Cassimore A. Magda



1a. Ready position.



THE USE OF LOW LINE KICKING IN ATTACK

2a. Transition move, fake hand to cover the kick coming.

3a. Kicking attack in transition.

4a. Kicking attack landed, destroying knee.

economy of motion and directness, low line kicking, especially the lead leg, is used strategically with remarkable effectiveness with little variation in the basic technique idea. It can be used for attack, counterattack and bridging the gap.

When we use it for bridging the gap, it is called the Foot Obstruction. The foot obstruction is similar to a low side kick to the shin except that the leg is raised up stiffly directly to the shin or knee. It is used to cover the low line against the opponent's intended counter kicking attack or counter movement forward and also can be used for attacking. It is not as powerful as a chambered side kick, but the pain it inflicts is surprising. Notice how the principles of directness, simplicity and economy in motion are used in all sequences.

The Stop Kick is an economically delivered kick, in this case a low line side kick, used to intercept an opponent's kick or movement towards you.

The accompanying photo sequences show the use of the foot obstruction to bridge the gap, the stop kick used to intercept the opponent's rear hook kick and lead hook kick respectively, and the use of low line kicking in attack. Notice how all these sequences lead to hand counter attack or hand attack, as the follow-up after the use of low line kicking.

Points when delivering the foot obstruction:

1. Raise the leg up stiffly towards the opponent's shin, knee, leg.
2. Have hands ready to attack when in range.
3. Keep rear hand ready to trap or parry the opponent's counter attack.
4. Remember your attitude of going in.

1b. Rear roundhouse kick is coming.

THE USE OF THE STOP KICK IN COUNTER ATTACK {REAR HOOK KICK ATTACK}

2b. Magda stop kicks or intercepts the kick with his own kick.

3b. Magda, as he moves in and begins his attack, his rear hand ready for possible obstructions.

4b. Magda finishes with a Biu-Jee to the eyes of Dave.

THE USE OF THE STOP KICK IN COUNTERATTACK {LEAD HOOK KICK ATTACK}

1c. Ready position.

2c. Dave starts a hook kick attack which is intercepted by Magda.

Points when using the stop kick to stop other kicks:

1. Right timing is essential, lead with distance in order to get the right timing.

2. If you catch a piece of the kick, that's okay, you should still be moving in. Expect it.

3. Don't use the stop kick too much or you will be counter-timed by your opponent.

4. Learn to discern when kicking attacks are being telegraphed.

Points when using low line kicking attacks:

1. Be aggressive in your attacks and use with follow-up hand work strategy. Seldom does one hit mean anything.

2. The low line lead hook kick with the hard toe of your shoe is an excellent kick to use against the groin, knee or inside of shin.

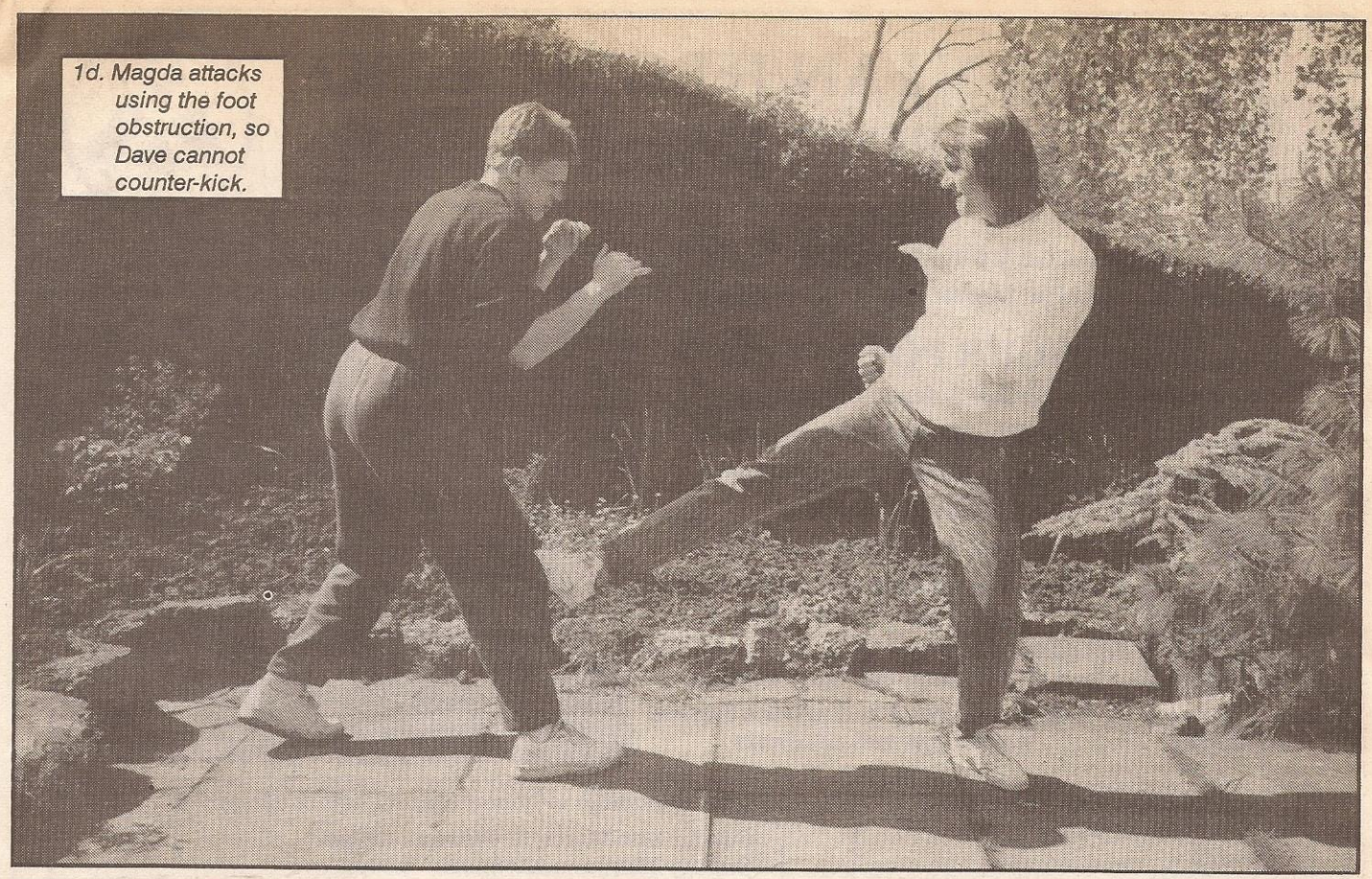
3. Speed, speed, speed.

Can other low line kicks be used to accomplish this same end?

Under the concept of JKD, any kick in theory can be used as a stop kick. Philosophically, we don't like to be limited. However, in JKD it must be remembered that form follows function, not vice-versa. There are good reasons why the lead leg is used ninety per cent of the time. To explore this, we need to see that the concept of using any kick

3c. Continuation from 2c.

4c. Magda quickly launches a finger jab to Dave's eyes.



1d. Magda attacks using the foot obstruction, so Dave cannot counter-kick.

2d. Magda traps the rear hand moving it out of the way, and is about to hit.

3d. Magda removes the rear guard and scores with a finger jab.

THE USE OF FOOT OBSTRUCTION TO COVER THE LOW LINE

for the purpose of the stop kick is shaped and guided by the structure we are using. The principles governing that structure are simplicity, directness and economy of motion. The rear leg is rarely used because it is farther away from our target. The lead leg is closer, and JKD uses the closest weapon to the nearest target in order to adhere to the principles of our structure just mentioned. As one can see, this starts to eliminate various kicks such as: jumping kicks, high kicks, spin kicks, and so on. The chosen stop kick is also important because it fits into the structure of being able to follow up quickly with economical hand attacks should the kick fail to land. A favourite low line kick is a lead hook kick to the groin, knee or chin. This is a great demoraliser and respect earner.

To be skilful in the art of low line JKD kicking, you must practise low line kicking. It must be cultivated and developed with the strategies of hand follow-ups. The ability to kick high has nothing to do with the skill of kicking low. Kicking low requires its own development of accuracy, power, speed and timing.